

CA1

Hw 21

-69W37



3 1761 11555837 1





CAI HW21  
69 W37

Government  
Publications

General publication



6-37

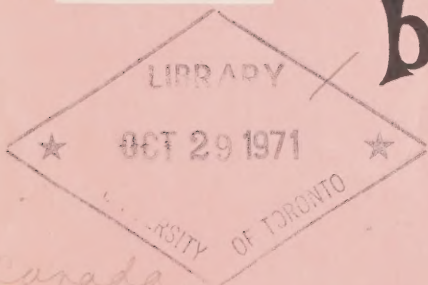
What  
to



before

babys'

born



Canada

A publication of  
the Department of National  
Health and Welfare, Canada

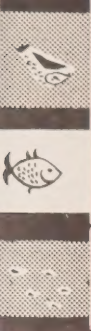
# What to eat before Baby's born



The nutrition of the expectant mother has an important influence on her baby's health as well as her own. Good food is necessary for the growth of the mother's tissues, for the development of the baby, and to prepare the mother for nursing. An additional quantity of food is needed, particularly in the second half of pregnancy when the mother's tissues and the baby grow the most. The kinds of food eaten are important at all stages of pregnancy.

Canada's Food Guide lists the essential food groups from which to choose a variety of foods for the health of the pregnant woman and of the whole family. The daily food needs of the expectant mother can be met by following this guide, adjusted as follows:

	<b>MILK</b>	2½ cups in first half of pregnancy, 4 cups in second half.
	<b>FRUIT</b>	Two servings of fruit or juice including a satisfactory source of vitamin C (ascorbic acid) such as oranges, tomatoes, vitaminized apple juice.
	<b>VEGETABLES</b>	One serving of potatoes. Two servings of other vegetables, preferably yellow or green and often raw.
	<b>BREAD AND CEREALS</b>	Bread (with butter or fortified margarine). One serving of whole grain cereal.



## MEAT AND FISH

One serving of meat, fish or poultry. Eat liver occasionally. Eggs, cheese, dried beans or peas may be used in place of meat. In addition, eggs and cheese each, at least three times a week.

## VITAMIN D

400 International Units daily.

## WATER

A few glasses a day are recommended.

Most foods contain more than one food substance necessary for health. Foods rich in growth substances such as protein, minerals and vitamins are particularly important during pregnancy for the growth of body tissue of both mother and baby. Foods rich in protein are meat, fish, poultry, eggs and milk; they should be included in every meal. Meat and eggs also provide necessary iron for the growth of red blood cells. Milk and milk products such as cheese are the best source of calcium and phosphorus to build bones and teeth.

Vitamin C foods such as orange or grapefruit, tomato or vitaminized apple juice should be consumed each day. Other fruits, vegetables and whole grain cereals provide additional minerals and vitamins together with sugars and vegetable protein. Frequent use of these foods also provides needed bulk in the diet and aids regularity.

If calcium tablets are substituted for milk, and vitamin pills for fruit, vegetables and cereals, other important food substances will not be obtained. The only vitamin which is not usually obtained in sufficient quantity in food is vitamin D. This should be taken in some form every day.

The pregnant woman should follow her physician's advice about her diet. If she needs a special preparation, for example one containing iron he will prescribe it.

Published by authority of  
**The Honourable John Munro**  
Minister of National Health and Welfare

**J. Maurice LeClair, M.D.**  
Deputy Minister of National Health

**Joseph W. Willard**  
Deputy Minister of National Welfare





Women who begin their pregnancy at normal weight for their height and age will usually gain about 20 to 25 pounds. Most of this gain takes place in the second half of pregnancy and normally occurs gradually. A rapid and unusually large weight gain should not occur if mothers are careful to avoid eating concentrated sweets such as candy, soft drinks and pastry, or very fatty foods. Some weight gain during pregnancy may be caused by an unusual amount of water in the tissues which may show itself in swelling of the hands, face or ankles. To help prevent this, physicians often advise limiting the salt added to food in the second half of pregnancy. If a mother begins pregnancy either underweight or overweight, her doctor may recommend a special diet to correct this. Foods for growth — meat, fish, eggs and milk — are equally important in these diets.

Minor digestive disturbances may occur early or late in pregnancy. The morning nausea of early pregnancy may be relieved by a light snack before getting up. The heartburn of late pregnancy is often helped by eating a number of smaller meals rather than three large ones. Foods which cause discomfort should be avoided.

### **breast feeding**

There is no better food for a new born baby than breast milk. A mother needs no new foods, but added amounts of some foods will help promote successful nursing. Her milk intake should continue to be 4 cups. Other foods such as meat, eggs, fruit and vegetables should be somewhat increased. A mother who is nursing should obtain sufficient rest and avoid worry, as both fatigue and anxiety will interfere with her ability to feed her baby successfully.

### **meal planning**

An expectant mother who is careful to choose her food well and who follows the meal plans suggested will help to maintain her own good nutrition and that of her whole family.



# to help you plan your meals

## menu PATTERN

### BREAKFAST

Citrus Fruit (orange, grapefruit or their juices)  
Whole Grain Cereal with milk  
Egg (or other protein food)  
Bread — 1 slice  
Beverage of choice

MORNING : Bread — 1 slice, Milk

### DINNER

Meat, Fish or Poultry  
Potatoes  
Vegetables — 2 servings  
Dessert  
Milk

AFTERNOON : Bread — 1 slice, Milk

### SUPPER (OR LUNCH)

Supper Dish (Salad, Casserole, etc.)  
Fruit, fresh, canned or dried.  
Bread — 2 slices  
Milk

EVENING : Milk

Milk need not be taken at the times specified provided the daily amount is consumed. Some of it may be used in made-up dishes such as soups, puddings, etc.



# suggested menus

1	<p>Orange Oatmeal with Milk Poached Egg on Toast Toast — 1 slice Tea</p> <p>MORNING : Milk</p>	<p>Baked Haddock Baked Potato Scalloped Tomatoes Green Beans Rice Pudding with Raisins Milk</p> <p>AFTERNOON : Milk</p>	<p>Cream of Corn Soup (made with milk) Fruit Salad with Cottage Cheese Bread — 2 slices Tea</p> <p>EVENING : Muffin, Milk</p>
2	<p>Vitaminized Apple Juice Shredded Wheat with Milk Sausage Toast — 1 slice Coffee</p> <p>MORNING : Bran Muffin, Milk</p>	<p>Meat Loaf Scalloped Potatoes Carrots Prunes Bread — 1 slice Milk</p> <p>AFTERNOON : Milk</p>	<p>Egg Sandwich Lettuce and Sliced Tomatoes Chocolate Pudding Milk</p> <p>EVENING : Milk</p>
3	<p><math>\frac{1}{2}</math> Grapefruit Cracked Wheat Cereal with Milk Soft Cooked Egg Toast — 1 slice Coffee</p> <p>MORNING : Bread — 1 slice, Milk</p>	<p>Liver Mashed Potatoes Peas Beets Ice Cream Milk</p> <p>AFTERNOON : Roll, Milk</p>	<p>Baked Beans Celery Applesauce Cheese Bread — 2 slices Milk</p> <p>EVENING : Milk</p>

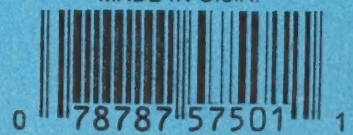


**Amberg®**

⊗ ESSELTE

57501

MADE IN U.S.A.



0 78787 57501 1